

“Fit for Life” is designed to promote physical activity as an important part of each day. It provides a means of monitoring physical activity over an 8- to 10- week period, and makes incentives available to individuals who record good physical activity habits. Children, youth and adults are encouraged to be active together. Here’s what to do:

1. Try to get some kind of physical activity almost everyday.
2. Consult the table to the right to determine how many points you have earned and record the total points each day on the activity log. Points may be earned from one or several activities. You should try to earn at least 4 points each day.
3. Earn as many points each week as you’d like. However, only the maximum number of points per week listed below will count toward successful completion.
4. Try to accumulate the total goal for your age group (see below) in an 8 week period. You may increase the time to 10 weeks if you are sick or injured.
5. Once you reach your point goal, you will receive a certificate in recognition of your efforts.

Activity	Time (minutes)	Points
Active Games	15	2
Aerobic Gym Equipment	15	2
Badminton	15	1
Baseball/Softball	15	1
Basketball	15	2
Calisthenics	15	1
Cross Country Skiing	10	2
Cycling	15	2
Dance (Aerobics)	15	2
Dance (Other)	15	1
Football	15	2
Golf (walking)	15	1
Gymnastics	15	1
Hockey (Ice/Field)	15	2
Jogging/Running	10	2
Jumping Rope	10	2
Lacrosse	15	2
Low Impact Aerobics	15	2
Martial Arts	20	2
Racquetball/Handball	20	2
Skateboarding	15	1
Skating (Ice/Roller/Inline)	15	1
Skiing (Downhill)	15	1
Soccer	20	2
Step Aerobics	15	2
Swimming (Laps)	10	2
Tennis	15	1
Volleyball	15	1
Walking	20	2
Weight Training	15	1
Wrestling (Competitive)	15	2
Yoga/Pilates	15	1

Some activities will be more vigorous than others. Certain activities develop strength and flexibility, while others develop aerobic endurance. Point values are intended only for use in recording your activity.



## ACTIVITY LOG

Age	Total Points Needed	Maximum Points Per Week
5-8	160	20
9-12	240	30
13-17	320	40
17+	360	45

### Week 1

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.

### Week 2

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### Week 3

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### Week 4

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### Week 5

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### Week 6

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### Week 7

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### Week 8

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### Week 9

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### Week 10

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Total Points Earned \_\_\_\_\_

Signature \_\_\_\_\_

“Fit for Life” is distributed by FITNESSGRAM and Physical Best as a tool for promoting physical activity. It was developed by The Cooper Institute.

